

BBQ Blast Popcorn

Makes about 8 cups of popcorn

Time: 25 minutes



Ingredients:

- ½ cup popcorn kernels
- 3 Tablespoons olive oil, divided
- 2 Tablespoon + 1 teaspoon smoked paprika
- 2 teaspoons brown sugar
- 1 ½ teaspoon garlic powder
- 1 ½ teaspoon onion powder
- 1 teaspoon parsley flakes
- Pinch of cayenne

Instructions:

1. Using your preferred method, pop the popcorn. Set aside in a large bowl.
 - a. If popping on the stovetop, combine kernels with 1 Tbsp olive oil in a pan over medium-high heat. Stir frequently to prevent popcorn from burning. Once you can count 1 to 3 seconds between pops, remove from heat.
2. Combine paprika, brown sugar, garlic powder, onion powder, parsley flakes, salt, and cayenne in a small bowl. Mix thoroughly.
3. Drizzle the remaining 2 Tbsp olive oil over the popcorn. Spread the spice mix evenly over the popcorn and, using your hands or 2 large spoons, toss well to combine. Eat right away, or store in an airtight container.

Chili Lime Popcorn

Makes about 8 cups of popcorn

Time: 25 minutes



Ingredients:

- ½ cup popcorn kernels
- 3 Tablespoons olive oil, divided
- Juice of 1 lime
- 1 Tablespoon chili powder
- 2 Tablespoons olive oil

Instructions:

1. Using your preferred method, pop the popcorn. Set aside in a large bowl.
 - a. If popping on the stovetop, combine kernels with 1 Tbsp olive oil in a pan over medium-high heat. Stir frequently to prevent popcorn from burning. Once you can count 1 to 3 seconds between pops, remove from heat.
2. Cut lime in half and squeeze juice into a small bowl. Add 1 tbsp chili powder and whisk to combine. Set aside.
3. Drizzle the remaining 2 Tbsp olive oil over the popcorn. Spread the spice mix evenly over the popcorn and, using your hands or 2 large spoons, toss well to combine. Eat right away, or store in an airtight container.

Lemon Parm Popcorn

Makes about 8 cups of popcorn

Time: 25 minutes



Ingredients:

- ½ cup popcorn kernels
- 3 Tablespoons olive oil, divided
- ½ teaspoon ground black pepper
- Juice of ½ lemon
- 2 Tablespoons nutritional yeast

Instructions:

1. Using your preferred method, pop the popcorn. Set aside in a large bowl.
 - a. If popping on the stovetop, combine kernels with 1 Tbsp olive oil in a pan over medium-high heat. Stir frequently to prevent popcorn from burning. Once you can count 1 to 3 seconds between pops, remove from heat.
2. Cut lemon in half. Set one half aside and juice the other into a small bowl. Add 1 Tablespoon olive oil and ½ teaspoon black pepper and whisk to combine.
3. Drizzle the remaining 2 Tbsp olive oil over the popcorn. Spread the spice mix evenly over the popcorn and, using your hands or 2 large spoons, toss well to combine. Sprinkle with nutritional yeast and toss again. Eat right away, or store in an airtight container.

Masala Popcorn

Makes about 8 cups of popcorn

Time: 25 minutes



Ingredients:

- ½ cup popcorn kernels
- 3 Tablespoons olive oil, divided
- 2 teaspoons curry powder
- 2 teaspoons brown sugar
- ¼ teaspoon salt
- ¼ teaspoon chili powder

Instructions:

1. Using your preferred method, pop the popcorn. Set aside in a large bowl.
 - a. If popping on the stovetop, combine kernels with 1 Tbsp olive oil in a pan over medium-high heat. Stir frequently to prevent popcorn from burning. Once you can count 1 to 3 seconds between pops, remove from heat.
2. In a separate bowl, combine curry powder, brown sugar, salt, and chili powder. Mix thoroughly.
3. Drizzle the remaining 2 Tbsp olive oil over the popcorn. Spread the spice mix evenly over the popcorn and, using your hands or 2 large spoons, toss well to combine. Eat right away, or store in an airtight container.